

ABSTRACT OF THE DISCLOSURE

A sash balance shoe housing designed to move along a window frame contains a spring attached to the housing and to a first pulley block that is movable along the housing, a second pulley block fixed against movement along the housing integrally molded with a brake mechanism bearing surface for supporting a cam designed to connect to a sash, and a cord attached by one end to one of the first pulley block and the second pulley block, wrapped around at least one pulley in each block and extending from the housing for attaching the other end to the window frame.